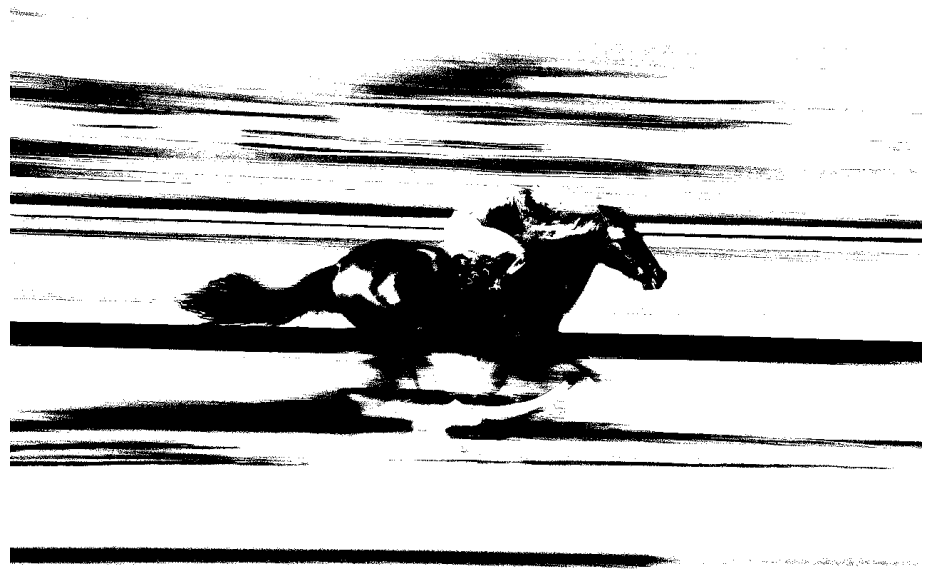


THE FRANKFORT TRIFECTA RUN/WALK SERIES



The Frankfort Trifecta: The Frankfort Trifecta was created to help promote a healthy lifestyle in Central Kentucky and is a collaborative effort between Good Shepherd School, Pro.Active Physical Therapy and the Frankfort YMCA. The race series goal is to help individuals achieve their full potential and reach fitness goals.

Race Series T-Shirt: All participants that register for all three races by March 17, 2011 will get an official Frankfort Trifecta short sleeve performance t-shirt provided by Cool Comfort Body & Sole. Race Series t-shirts will be available to pick up at Cool Comfort Body & Sole from May 1st to June 18th at 305 Leonardwood Drive.

Race Series Awards: Individuals that participate in all three races (3K, 5K and 5 Miler) will be eligible for the Frankfort Trifecta Overall Prizes. The top three in the following categories will be recognized: Youth Male & Female (17 and under), Open Men & Women (all ages), Master's Men & Women (40+). The Race Series awards are sponsored by Graviss McDonald's.

Registration: Participants are encouraged to register online at www.frankfortymca.org and provide an email address to receive race updates and information. Participants may register for one, two or all three races either online or by using this registration form. Registration forms can also be dropped off at any Frankfort YMCA location.

2011 Frankfort Trifecta Race Series Sponsors



Run for the Gold 3K – March 17, 2011

Pro.Active for Life 5K – May 20, 2011

Activate America 5 Mile – June 18, 2011

www.facebook.com/frankforttrifecta

Register now at www.frankfortymca.org